

BREAKFAST

DAY 1

Orange Sections
Cream of Wheat
W ½ & ½ (2oz.)
Scrambled Egg
Blueberry Muffin (Use Gold Medal Variety
Sweet Rewards Muffin Mix)
Regular Size for Patient
Extra Large for Staff
W/Margarine Pat
Sausage Link (frozen)
2 % Milk (6 oz.)

COFFEE BREAK

LUNCH

BAGELS & ASSORTED MUFFINS

Tossed Salad W/ Ranch Dressing
Baked Chicken Breast (frozen)
Mashed Potatoes W/Chicken Gravy
Asparagus Spears (Frozen)
Green Beans
Whole Wheat or White Dinner Roll
Fresh Fruit Cup
2% Milk (6oz.)

STAFF

Salad Bar
Salmon Crown (recipe) on bed of rice
With Alfredo Sauce (frozen)
Grilled Cheese Sandwich
Meat: Baked Chicken Breast
Soup: Tomato Florentine (frozen)

SUPPER

Pears in Lime Jell-O Salad (Recipe)
Macaroni & Cheese (frozen)
Tuna Salad Sandwich (recipe) on W.W. Bread
Beets or Spinach (Spinach is frozen)
Hot Roll W/Margarine
Raspberrry Pie (frozen you bake)
2% Milk (6oz.)

**AFTERNOON COOK PLEASE TAKE
OUT PORK LOIN ROAST (3)
Place frozen rolls in refrigerator in pan overnight.**

Day 2

½ Banana
Corn Flakes
French Toast (you can purchase this frozen)
W/Margarine & Maple Syrup
Crisp Bacon
2% Milk (6oz.)

Bake raised rolls in morning.

BAGELS & ASSORTED MUFFINS

Five Cup Salad (recipe)
Roast Beef
Baked Potato W/Butter & Sour Cream
Broccoli Spears (frozen)
Peas (frozen)
Whole Wheat or White Dinner Roll
Raspberry Sherbet
2% Milk (6oz.)

Salad Bar
Macaroni & Cheese
Hot Roast Beef Sandwich
Turkey Sandwich W/Lettuce & Tomato
Meat: Roast Beef
Soup: Cheddar Cheese Vegetable (frozen)

Mixed Fruit Salad ½ Cup
Vegetable Lasagna (frozen)
Grilled Chicken Romano (frozen)
Carrot Coins or Asparagus Spears (frozen)
Hot Roll W/Margarine
Boston Cream Pie (frozen you cut up)
2% Milk (6oz.)

**AFTERNOON COOK PLEASE TAKE
OUT TURKEY BREAST IN ALUMINUM
FOIL (2). TAKE OUT CANADIAN BACON**

Day 3

Orange Juice
Zoom
W/ ½ & ½ or 2% milk
Scrambled Egg
Buttered Whole Wheat Toast
W/Jelly Packet
Canadian Bacon
2% Milk (6oz.)

BAGELS & ASSORTED MUFFINS

Fresh Spinach Salad W / Honey Mustard Dressing
Roast Pork Loin W/Peach Slice
Broccoli Almondine Rice (Uncle Ben's)
Green Beans
Spinach (frozen)
Hot Roll W/Margarine Pat
Apple Pie (frozen you bake)
2% Milk (6oz.)

Salad Bar
Vegetable Lasagna (frozen)
Meat: Roast Pork
Sandwich: Chicken Salad (recipe) Sandwich
Soup: Boston Clam Chowder (frozen)

Raspberrry Jell-O W/Peaches Diced (recipe)
Chicken and Dumplings (frozen)
Pastry Shells Stuffed with Cheese (frozen)
Normandy Blend or Peas (both are frozen)
Angel Food Cake (recipe from box)
2% Milk (6oz.)

**AFTERNOON COOK PLEASE CHECK COOKIES
& BREAKFAST PASTRY BAKE IF NEEDED**